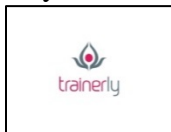


Five Things To Do This Fall For Your Health

1. **Take steps to prevent colds and flu.** Wash hands frequently or use hand sanitizer, cough into your elbow, and don't share cups, glasses, food, or tissues.
2. **Write down your medications.** Have the list ready to share when you visit the doctor, or in case of an unexpected trip to urgent care or the ER.
3. **Have healthy snacks on hand.** When the kids get home from school, be ready with fruit, string cheese, yogurt cups, carrots with a low-fat dip, or whole grain crackers and salsa.
4. **Try some yoga.** It's great for stretching and strengthening, helps with back pain, and may have other health benefits, including lowering stress and improving sleep.
5. **Don't skip the sunscreen.** Even when days are shorter and gray, the sun's harmful rays still do their damage. It's important to wear sunscreen year-round.

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